

Speed of the South

拍數: 48 牆數: 4 級數: Beginner
編舞者: Diana Oglesby (USA) - July 2022
音樂: Speed of the South - Adam Hood



Intro: 16 Counts, start with weight on R

*1 Restart on wall 3 after 16 counts, with step change (see below)

S1 (1-8) L FWD, TAP R, R BACK, L HEEL FWD, L FWD, TAP R, STEP R BACK, L HEEL FWD, L DOWN, TOUCH R TOGETHER

1-4 Step L forward (1), tap R behind (2), step R back (3), touch L heel forward (4)
5-6&7&8 Step L forward (5), tap R behind (6), step R back (&), touch L heel forward (7), step L down (&) touch R together (8)

S2 (9-16) STEP R SIDE, TOUCH L, L COASTER, R FWD AND TURN ¼ L, TOUCH L, L COASTER

1-2 Step R side (1), touch L together (2)
3&4 Step L back (3), step R together (&), step L forward (4)
5-6 Step R forward and turn ¼ L (5), touch L together (6) (9:00)
7&8 Step L back (7), step R together (&), step L forward (8)

*Restart here on wall 3, with step change (see below)

S3 (17-24) R SIDE, CROSS L BEHIND, R SIDE, L HEEL FWD, HOLD, L TOGETHER, TOUCH R, R DOWN, L HEEL FWD, L TOGETHER, TOUCH R, R DOWN, L HEEL FWD

1-2-&3-4 Step R side (1), cross L behind (2), step R side (&), touch L heel diagonally forward (3), hold (4)
&5&6&7&8 Step L together (&), touch R together (5), step R down (&), touch L heel diagonally forward (6), step L together (&), touch R together (7), step R down (&), touch L heel diagonally forward (8)

S4 (25-32) L COASTER, R FWD, TURN ¼ L AND STEP L SIDE, R SIDE, TOUCH L TOGETHER, L SIDE, R SIDE

1&2 Step L back (1), step R together (&), step L forward (2)
3-4 Step R forward (3), turn ¼ L and step L side (4) (6:00)
5-6 Step R side (5), touch L together (6)
7-8 Step L side (7), step R side (8)

S5 (33-40) L HEEL FWD TWICE, ¼ L TURNING SAILOR, R HEEL FWD TWICE, ¼ R TURNING SAILOR

1-2 Touch L heel diagonally forward twice (1-2)
3&4 Cross L behind (3), turn ¼ L and step R side (&), step L side (4) (3:00)
5-6 Touch R heel diagonally forward twice (5-6)
7&8 Cross R behind (7), turn ¼ R and step L side (&), step R side (8) (6:00)

S6 (41-48) STEP L FWD, STEP R TOGETHER, ¾ L TURNING SHUFFLE, ROCK R FWD, RECOVER, R COASTER

1-2 Step L forward (1), step R together (2)
3&4 ¾ L turning shuffle (L-R-L) (3&4) (9:00)
5-6 Rock R forward (5), recover to L (6)
7&8 Step R back (7), step L together (&), step R forward (8)

REPEAT

*1 Restart on wall 3 after 16 counts. The wall starts at 6:00 and the restart begins at 3:00. For counts 7&8 in S2, instead of the coaster, step L side (7), step R together (8). This will allow you to prepare your L foot to restart.

Ending: The dance ends 32 counts into wall 6. You will be facing the beginning wall when the dance ends.

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